

Persian Lamb

1/2 cup unsalted butter
1 medium onion, finely chopped
1 lb Lean lamb, cubed
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon ground turmeric
1/2 teaspoon ground cinnamon
2 1/2 tablespoons seedless raisins, preferably golden
1/2 cup Tennessee Gourmet® Apricot & Spice Sauce (any flavor)
2 cups long-grain rice, washed in 3 changes of water

Melt butter in heavy pan and sauté onion until golden. Add meat and brown on all sides. Add salt, pepper, turmeric and cinnamon; stir-in raisins and Apricot & Spice. Add water (about 3/4 cup) to cover. Cover and simmer over very low heat 1 1/4 to 1 1/2 hours or until meat is very tender. Stir occasionally to prevent scorching, adding water if necessary. Texture should be thick but pourable.

Boil 4 cups of water, add 1/2 teaspoon salt and rice. Bring to boil again and boil 2 minutes, then reduce heat, cover pan and cook over low heat 10 to 15 minutes or until almost tender. Fluff with fork.

Arrange rice and stew in alternate layers in a heavy saucepan, beginning and ending with layers of rice. Set over very low heat, stretch cheese cloth over pot and place cover over cloth. Steam 20 minutes, or until rice is tender.